

SEXUAL DESIRE SURVEY

Passion

(insert L= like, WL= would like, LO= Love, DNL= do not like, SL= sometimes Hate= Hate)

1. I _____ share my fantasies with my partner.
2. I _____ to have sex _____ daily, _____ 2x week, _____ 3x week, _____ 1x week, _____ never stop.
3. I _____ being ravished.
4. I _____ sex in the _____ morning, _____ afternoon, _____ evening best.
5. I _____ to find my partner naked ready for sex.
6. I need to have more sex. _____yes, _____ no
7. I need less sex than my spouse. _____often, _____sometimes, _____ never
8. When my spouse rubs, massages my _____ I want sex instantly.
9. My partner's satisfaction is just as important as mine. ___always ,
___sometimes, ___never
10. I am turned on when my spouse tells me they love me by _____.
11. I have a lot of fantasies. ___yes ___no
12. I feel comfortable sharing my fantasies with my spouse. _____ yes, _____no

Presence during Sex – Questions from Resurrecting Sex by David Schnarch

1. Do you feel like you are emotionally, mentally and spiritually present with your spouse during sex? ____ yes, ____ no

2. If so, how do you do that? _____

_____.

3. Do you ever feel disconnected during sex? ____ yes, ____ no

4. How do you think you can reestablish the connection with your spouse during Sex?

_____.

Foreplay

(insert L= like, WL= would like, LO= Love, DNL= do not like, SL= sometimes Hate= Hate)

1. I ____ it really slow and erotic with lots of touching.

2. I ____ to give my spouse massages.

3. I ____ to shower with my spouse.

4. I ____ to see my spouse partially clothed.

5. I ____ my nipples pinched, massaged, squeezed.

6. I ____ to watch my spouse masturbate.

7. I ____ to masturbate.

8. I ____ to mutually masturbate with my spouse.

9. I _____ when my spouse offers him/herself to me.

10. I _____ quickies even if there is no foreplay

Clothes

(insert L= like, WL= would like, LO= Love, DNL= do not like, SL= sometimes Hate= Hate)

1. I _____ it when my partner tells me they are not wearing underwear.

2. I _____ my partner to wear something I can tear off them.

3. I _____ my partner to dress scantily.

4. I _____ to see my spouse naked.

5. I _____ my spouse to wear clothes that make their access to their genitals easy.

Positions

(insert L= like, WL= would like, LO= Love, DNL= do not like, SL= sometimes Hate= Hate)

1. I _____ the missionary position.

2. I _____ to be on the bottom.

3. I _____ to 69.

4. I _____ the woman on top facing away.

5. I _____ to be on top.

6. I _____ anal sex.

7. I _____ it doggy style.

8. I _____ side by side.

9. List other positions you enjoy

_____.

Acts

(insert L= like, WL= would like, LO= Love, DNL= do not like, SL= sometimes Hate= Hate)

1. I _____ to finger/stroke my spouse to orgasm.
2. I _____ to be fingered/stroked to orgasm.
3. I _____ giving oral sex.
4. I _____ receiving oral sex.
5. I _____ my spouse to perform oral sex without my asking.

Places

(insert L= like, WL= would like, LO= Love, DNL= do not like, SL= sometimes Hate= Hate)

1. I _____ sex in the shower.
2. I _____ sex on the dining room table.
3. I _____ sex on the kitchen counter.
4. I _____ sex in an office.
5. I _____ sex in the living room.
6. I _____ sex in cars or vans.
7. I _____ sex outdoors.
8. I _____ sex in the pool.

9. Other(s)

_____.

Talk

(insert L= like, WL= would like, LO= Love, DNL= do not like, SL= sometimes Hate= Hate)

1. I _____ my spouse to make noise during sex.
2. I _____ talking dirty to my spouse.
3. I _____ to make my spouse yell out with passion during sex.
4. I _____ it when my spouse uses short phrases like YES, Faster, Harder, repeatedly.
5. I _____ it when my spouse tells me to _____ them now.
6. I climax stronger and faster when my spouse talks dirty. ____ yes, ____ no
7. I am turned off when my spouse talks dirty. ____ yes, ____ no
8. I am turned on when my spouse talks dirty. ____ yes, ____ no
9. I am turned off when my spouse uses clinical terms. ____ yes, ____ no

Turn Ons for me are

_____.

Turn Offs for me are

_____.

Miscellaneous

(insert L= like, WL= would like, LO= Love, DNL= do not like, SL= sometimes Hate= Hate)

1. I _____ to like to experiment with sex toys.
2. I _____ to use lube.
3. I _____ to eat _____ off of your naked body.
4. My favorite thing you wear to tell me you want sex is _____.
5. My favorite food to play with during sex is _____.
6. I like sex best when we

_____.
7. The best time we had sex was
_____.
8. For me to enjoy Sex, it's important that my spouse know
_____.

**Parts of this survey are originally from The Marriage Bed website, the book Resurrecting Sex by David Schnarch and Awaken Love founder, Ruth Buezis, while additional parts have been added by Olawunmi Esan.